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200 Airsquat√ TrathLon√ PERIPHRAL \ HEART-CAROLYN ACTION-SELENA/PUGILISM✓ ShouZLders *77@95+pounds Lunges 77*@175lb. DumbeLL FLight *77@97lb. Legextensions ,77*229 or 225pounds BarbeLL CurLs *77@78 or 87 lb Seated ALternate Leg Kick 2*15@89.9lb. CHARLES ATLAS BODYBUILDING√ HERCULES II BodybUILting✓ Doorway PuLL at up to 100 pounds ,=2x6✓√ WrestLing√ Jufu Nokata✓ GRACIE JIUJITSU PINKBELT WRESTLING✓ Ninja-Do√

FLATFOOT JOGGING&RUNNING BETWEEN EXERCISES,SETS,&REPETITIONS

Your workout log lists a **high-volume, multi-modal training regimen** combining bodyweight, free weights, martial arts, and endurance elements. Here's a breakdown and expert analysis of the main components based on your entry and the search results:

1. 200 Air Squats

- **Benefits:** Builds **leg strength**, **endurance**, and **balance**; targets quads, hamstrings, glutes, and engages the core[1][2][3][4]. High-rep bodyweight squats are especially effective for muscular endurance and general fitness, though they won't produce maximal strength or muscle hypertrophy like heavy barbell squats[4].
- **Cardio effect:** High-rep squats elevate heart rate and can improve cardiovascular fitness[2][3].
- **Cautions:** If you have knee, back, or sciatic issues, consult a professional before doing high-rep squats[1].

2. Weighted Strength Training

- **Shoulders (7x7@95+ lbs), Lunges (7x7@175 lbs), Dumbbell Fly (7x7@97 lbs), Leg Extensions (7x7@229/225 lbs), Barbell Curls (7x7@78/87 lbs), Seated Leg Kick (2x15@89.9 lbs):**
    - **Volume:** 7 sets of 7 reps is a classic hypertrophy protocol, promoting both muscle growth and endurance.
    - **Loads:** The weights listed are moderately heavy, suitable for intermediate to advanced trainees.
    - **Variety:** Mixing compound (lunges, squats) and isolation (leg extensions, curls) movements covers all major muscle groups.

3. Bodyweight/Functional & Combat Training

- **Charles Atlas, Hercules II Bodybuilding:** These reference classic calisthenics and old-school bodybuilding, emphasizing high reps and functional strength.
- **Doorway Pull (up to 100 lbs):** Implies isometric or dynamic pulling for grip and back development.
- **Wrestling, Jiu-Jitsu (Gracie, Pinkbelt), Ninja-Do, Jufu Nokata:** Martial arts and grappling add agility, coordination, and full-body conditioning.

4. Endurance & Cardio

- **Flatfoot Jogging/Running between exercises:** Active recovery and continuous movement keep heart rate elevated, improving aerobic capacity and fat burning[5].

5. General Observations

- **Comprehensive programming:** Your routine covers **strength**, **endurance**, **mobility**, and **combat skills**—a holistic approach akin to tactical or hybrid athlete programs[6].
- **Progression:** If your goal is ongoing strength gains, periodically increase weights or progress to more challenging variations (e.g., pistol squats for legs)[4].
- **Recovery:** With such high volume, ensure you're getting adequate rest, nutrition, and sleep to avoid overtraining.

Summary Table

Component	Focus	Benefits	Notes/Cautions
200 Air Squats	Endurance/Legs	Strength, balance, cardio	Avoid if knee/back issues[1]
Weighted Lifts	Strength/Hypertrophy	Muscle growth, power	Adjust weights for progress
Martial Arts/Combat	Functional/Skill	Coordination, agility, conditioning	High injury risk; proper form
Jogging/Running Intervals	Cardio/Recovery	Aerobic fitness, fat loss	Hydrate, monitor fatigue

Expert Tip: This is an advanced, high-volume routine. Regularly assess your recovery and adjust intensity or volume as needed. If you plateau or experience joint pain, consider cycling intensity or consulting a coach for periodization[4].

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1. https://www.healthline.com/health/air-squats
2. https://www.youtube.com/watch?v=YVSxL_uZkEI
3. https://www.youtube.com/watch?v=SK-01VhVygg&vl=en
4. https://www.reddit.com/r/bodyweightfitness/comments/8ydm7a/are_large_amounts_of_bodyweight_squats_useful_at/
5. https://www.scribd.com/document/477410506/Strength-Training
6. https://marketplace.trainheroic.com/workout-plan/program/bryant-program-1636733374